

Amendments to the Claims

Claim 1 (Currently amended): A chin up bar assembly, comprising:
a cross bar,
a pair of collars slidably mounted on the cross bar;
a pair of handles slidably mounted on the cross bar collars,
the handles being held in a selected position along the cross bar solely by a user's weight.

Claim 2 (Original): The assembly of claim 1 wherein the handles are pivotally mounted to the cross bar.

Claim 3 (Original): The assembly of claim 1 wherein the handles are pivotal between locked and unlocked positions.

Claim 4 (Currently amended): The assembly of claim 1 wherein the handles are movable relative to the collars between an unlocked position for sliding along the cross bar, and a locked position for preventing sliding along the cross bar.

Claim 5 (Currently amended): The assembly of claim 1 wherein the handles swivel about an axis perpendicular to a longitudinal axis of the cross bar are pivotal relative to the collars about horizontal and vertical shafts.

Claims 6-7 (Cancelled)

Claim 8 (Currently amended): The assembly of claim [[7]]1 wherein each handle includes an arm having opposite first and second ends and the arm being pivotally mounted to one of the collars at a point between the opposite ends for rotation about an axis parallel to the cross bar.

Claim 9 (Original): The assembly of claim 8 wherein each handle includes a handgrip mounted to the first end of the arm whereby the user's weight will pivot the second end of the arm into frictional engagement with the cross bar so as to lock the handle against sliding movement.

Claim 10 (Original): The assembly of claim 8 wherein the first end of each arm includes a tube and each handle includes a handgrip with a shaft pivotally received in the tube, whereby the handgrip is pivotal while the handle is fixed against sliding movement along the bar.

Claim 11 (Currently amended): A method of setting a pair of chin up handles at a selected position along a cross bar, comprising:
sliding each handle to a selected position along the bar; and
moving pivoting each handle to a locked position with such that a user's weight to preclude alone
precludes sliding of the handles along the cross bar.

Claim 12 (Original): The method of claim 11 wherein movement to the locked position is achieved by gripping a handgrip of each handle such that the weight of the user pivots a portion of the handle into frictional engagement with the cross bar.

Claim 13 (Original): The method of claim 11 further comprising swiveling the handles about a substantially vertical axis to a desired orientation.

Claim 14 (Original): The method of claim 11 further comprising moving each handle to an unlocked position wherein the handle is disengaged from the cross bar to allow sliding movement of the handle along the cross bar.

Claim 15 (Cancelled)

Claim 16 (Currently amended): A chin up bar assembly, comprising:
a cross bar;
a pair of handles collars slidably mounted on the cross bar; and
~~each~~ a handle including a handgrip on each collar and pivotal relative to the collar about a substantially vertical axis shaft and a substantially horizontal shaft.

Claim 17 (Cancelled)

Claim 18 (Currently amended): The assembly of claim [[17]]16 wherein the handles are pivotally mounted ~~relative to~~ on the cross ~~bar~~ bars for movement between locked and unlocked positions.

Claim 19 (Currently amended): The assembly of claim 18 wherein the handles are ~~moved to~~ held in the locked position solely by the user's weight.

Claim 20 (Original): The assembly of claim 18 wherein the handles each include a collar slidably mounted on the cross bar, and an arm pivotally mounted to the collar, the arm having a first end supporting the handgrip and a second end engageable with the cross bar when the handle is in the locked position.

Claim 21 (New): The assembly of claim 1 wherein the handles include handgrips spaced forwardly from the cross bar.

Claim 22 (New): The assembly of claim 21 wherein the handles each includes an arm pivotally mounted to the cross bar about a horizontal shaft to define a fulcrum.

Claim 23 (New): The assembly of claim 1 wherein the handles engage a bottom surface of the cross bar to lock the handles in position and preclude sliding movement of the handles along the cross bar.

Claim 24 (New): The method of claim 11 further comprising engaging a bottom surface of the cross bar with the handles to retain the handles in a locked position.

Claim 25 (New): The method of claim 11 wherein each handle includes a handgrip, the method further comprising positioning the hand grips forwardly from the cross bar.

Claim 26 (New): The assembly of claim 16 wherein the handles include handgrips spaced forwardly from the cross bar.

Claim 27 (New): The assembly of claim 16 wherein the handles engage a bottom surface of the cross bar to lock the handles in position and preclude sliding movement of the handles along the cross bar.